

Facets

July 2013

Puppy love

**Veterinarians
share how to
keep your dog
young at heart**

ALSO INSIDE

**Why pets are
good for you**

**How nose
training can
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Facets

Facet - n. 1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.

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Veterinarian Kathy Stohlmeyer, owner of Ames Pet Hospital, examines Rocky, an 11-week-old Small Munsterlander, in Ames. By Amy Vinchattle/Facets

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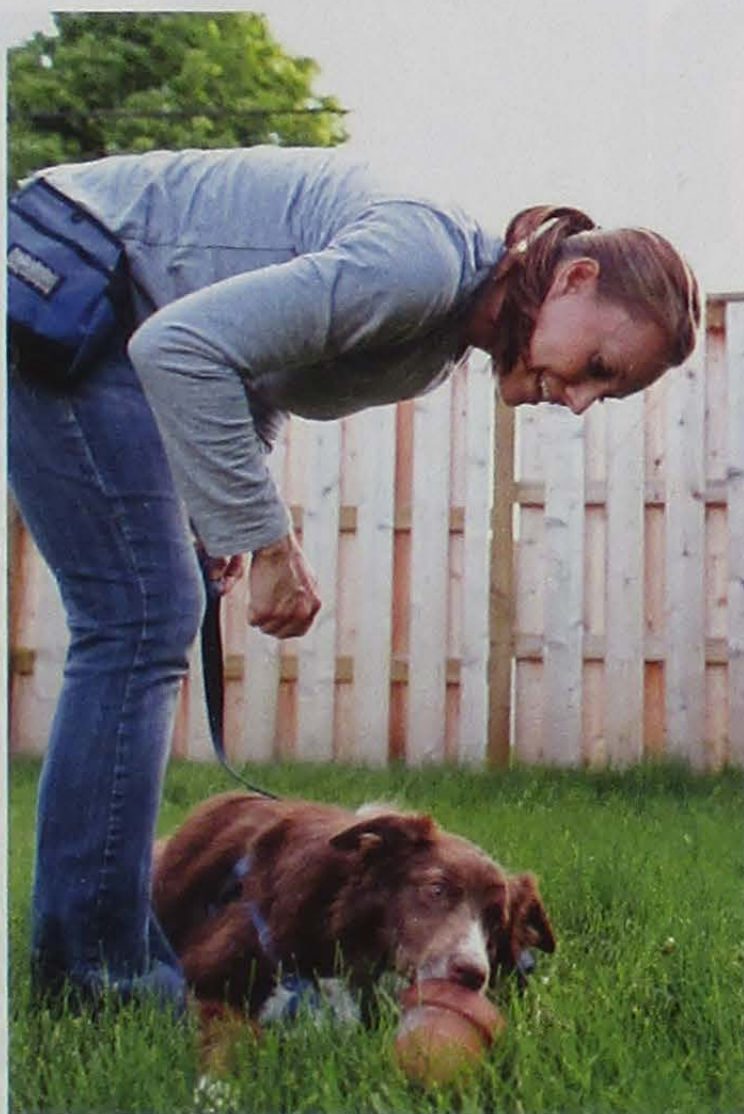
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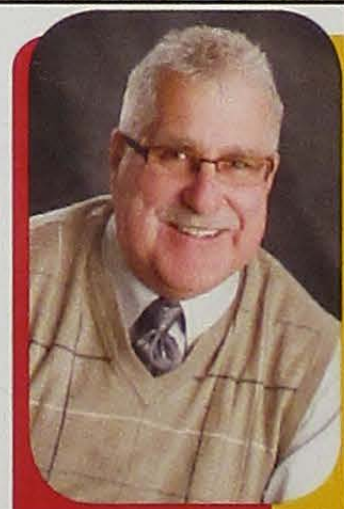
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For almost a year, my two sisters and I saved every allowance dollar, each babysitting check and every coin we found toward buying a new dog.

My parents had made the difficult decision about a year earlier to put to sleep our Yorkshire terrier, who had been with our family since my mom was pregnant with my youngest sister, after a cancerous tumor in the tiny dog's mouth grew back.

After a few months, we started talking about getting another dog. My dad did not want one, and my mom wanted my sisters and me to appreciate the costs and care that go into owning a dog.

The "puppy box" held almost \$100 on the day my mom picked me up from school to have two stubborn baby teeth pulled. My mom had just been to the Humane Society and found the perfect dog. She drove me to see the sweet, adorable puppy, and promised we would come back to take home the puppy after my visit to the dentist.

She was a white Blue Heeler-terrier mutt with black spots and floppy ears. The workers at the Humane Society washed her and wrapped her in a light blue towel that I still keep.

We named the puppy Kibbles. Using Milk Bones, I taught her to beg when she was so young I had to hold her sides so she wouldn't roll over on her little round belly. She learned to roll over, shake, dance, play dead and sniff out a dozen hidden Beanie Baby toys.

She won over house guests with her friendly personality and eagerness to perform tricks.

Kibbles was part of our family for about two years when my parents divorced. We had to find new homes for two dwarf rabbits my sisters and I owned, but my mom was determined to find us a place to live where we could keep Kibbles.

We called her our "sister dog." Two of my favorite photos are of her swimming in a creek at a park near Dubuque, and another photo of the dog, wet from swimming, sitting with my sisters and me on top of a picnic table at the same park.

Over the years, we went to college and moved away from home. Each time we came back, Kibbles ran to greet us as soon as she



JENNIFER MEYER

heard our voices. Her tail wagged furiously, and she whimpered with joy, jumping at our knees and trying to lick our faces when we knelt to pet her.

I was going through some difficult times about five years ago. I drove to my mom's house and took a drive with my sister dog, who loved riding in the car as much as most dogs. Fourteen years after my mom and I rode home with her, Kibbles couldn't climb into the car, and her arthritis made her legs too unsteady to stand for hanging her head out the window. Instead, I lifted her into the passenger seat and she lay down with her head tipped up so the air from the open window could rush over her head.

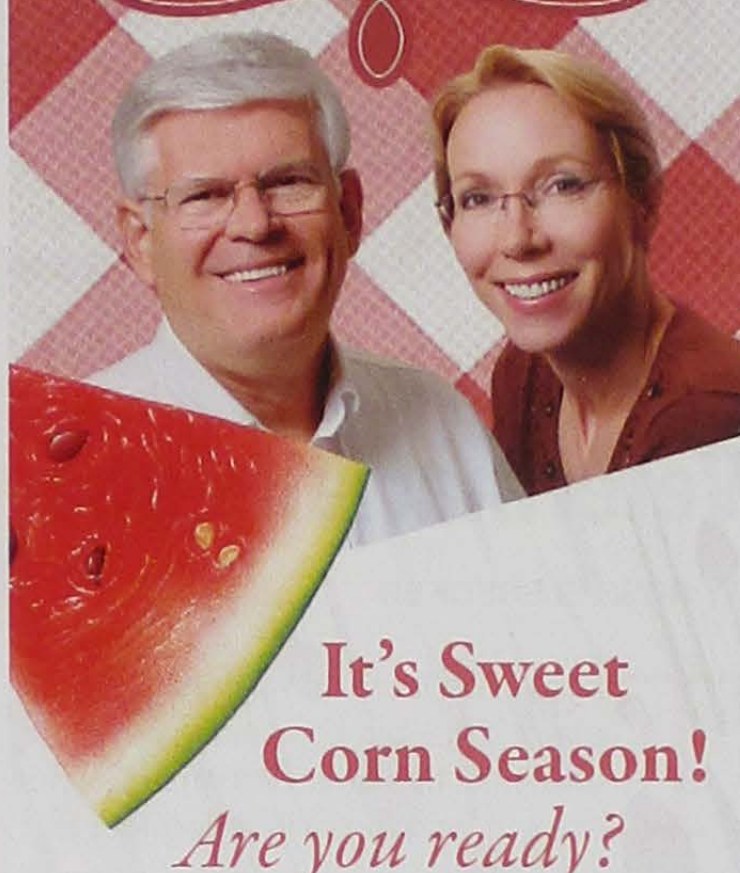
About a week later, my mom called with the bad news that Kibbles was in too much pain to walk, and she had taken her to the veterinarian earlier that day.

Not long after she passed away, I went out to the park in Dubuque and leaned against the tree that shaded that picnic table where my sisters and I had sat with Kibbles years earlier, watched the creek water where she used to swim and stared at a field where she raced after tennis balls.

Our time with Kibbles was worth every penny we saved in the "puppy box." ♦

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Puppy love

Veterinarians share how to keep your dog young at heart

BY ROSE ELSBECKER

There is no fountain of youth for people or pets, but preventive care and an active lifestyle can help you enjoy a long life with a dog that is young at heart.

Just like a child, dogs thrive in an environment that is both mentally and physically stimulating. This includes a regular exercise routine, loving discipline, structure and a variety of play, but most important, opportunities for dogs to bond with their owners, said Kathy Stohlmeyer, veterinarian and owner of Ames Pet Hospital.

"Dogs love to please and desire a strong bond with their owner," Stohlmeyer said.

Audrey Ricklefs-Schwartz, veterinarian and owner of All Pets Animal Hospital, said dogs have an advantage over humans when it comes to feeling young.

"Have you ever heard the saying, you are as young as you feel?" Ricklefs-Schwartz said. "Well, your dog is lucky because he doesn't know how old he really is."

Playing fetch, walking together, training new tricks or simply snuggling with your dog for 20 or more minutes per day can keep him feeling like a puppy, Ricklefs-Schwartz said. Dogs love to hear positive, loving feedback, she said.

She and Stohlmeyer said dog parks are also a good environment for dogs to play freely and socialize with other canines, while

"Have you ever heard the saying, you are as young as you feel? Well, your dog is lucky because he doesn't know how old he really is."

— **Audrey Ricklefs-Schwartz**, veterinarian

people can learn new ideas from other dog owners.

Dog parks also pose risks, such as heartworms, to dogs, so both veterinarians urged washing paws with soapy water when leaving the park and following a good worming program.

Ricklefs-Schwartz said worming two or more times per year prevents anemia and malnutrition from parasites that can drain your dog's youthful energy.

Parasites pose a threat not only to your dog, but to your family as well, the veterinarians said. Intestinal parasites can cause weight loss, gastrointestinal upset and even

death. Ticks can cause Lyme disease and fleas can be painful for pets and owners.

Both veterinarians said the best way to keep your pet feeling young is to be vigilant with their care by having a plan for their health.

Stohlmeyer said good preventive health care includes vaccines and regular checkups. A yearly physical exam should include fecal and heartworm tests and blood work, she said.

She also recommends staying away from "fad" diets, and using high-quality dog food from companies that have been in business for many years.

Maintaining proper weight is also important for your pet. About 60 percent of pets are overweight, which can lead to arthritis; injuries; heart and lung disease; diabetes; and shortened life expectancy.

Good oral hygiene is another way to keep your pet healthy and feeling young, the veterinarians said. Tartar buildup can lead to unhealthy teeth and gums, which can cause infections; tooth loss; difficulty eating and weight loss; and heart and kidney disease. Brushing and providing dental chew toys, as well as dental cleanings by your vet, can help prolong the life of your pet.

Ricklefs-Schwartz also recommends spaying or neutering your pet, usually between the ages of 5 months and 1 year, depending on each veterinarian's preferences.

"Altering your pet prevents several diseases and health issues, which lend to physical decline and early aging," she said. ♦



By Amy Vinchattle/Facets

Veterinarian Kathy Stohlmeyer, owner of Ames Pet Hospital, examines Rocky, 11 weeks, as Bogie, 7, watches. Both dogs are Small Munsterlanders.

Amy Turner's border collie, Chico, finds the scent during K-9 Nose Work.



On the scent

Nose training helps dogs overcome both health and behavioral issues

BY ROXANNE DASS

Three Ames women come together each Sunday to bond with their dogs and each other.

Amy Turner, Erin Topp and Paula Sunday train their dogs in K-9 Nose Work. The activity, inspired by detection dogs, teaches dogs to sniff out treats hidden in boxes within a large room, outside area or vehicle.

As the dog becomes more confident with its nose, it learns to target odors — including birch, clove and anise — and train for competition.

"The nose work gives the dogs a job to

do, and they build up their confidence, and they forget about their fears," Topp said.

All three women's dogs have health and behavioral issues. "With nose work," Turner said, "they are able to build on what is natural to them, but we normally try to dampen."

Turner's dog, a border collie named Chico, has a disorder called border collie collapse, which is believed to be a form of epilepsy. If Chico gets too hot, he can pass out or potentially die.

"This gives him a fun activity to do where he doesn't run the risk of overheating," Turner said.

Continued on page 12



By Amy Vinchattle/Facets

Bourbon, a doberman owned by Erin Topp, searches for a scent during K-9 Nose Work.

"The nose work gives the dogs a job to do, and they build up their confidence and they forget about their fears."

— **Erin Topp**, whose dog participates in nose training

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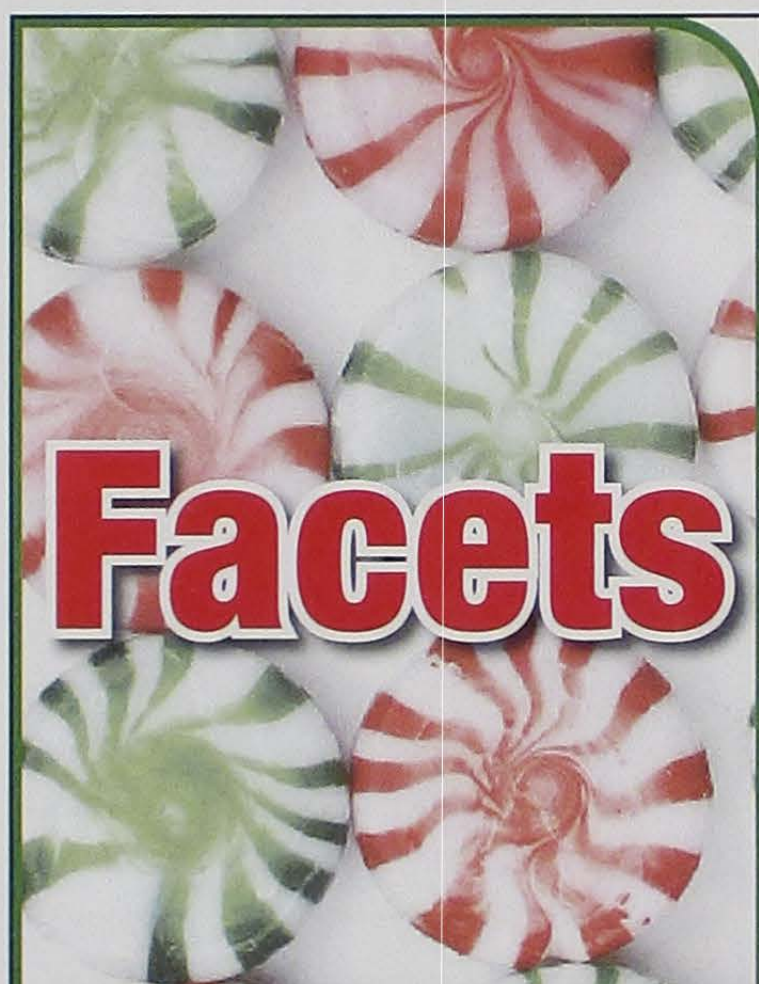


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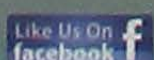
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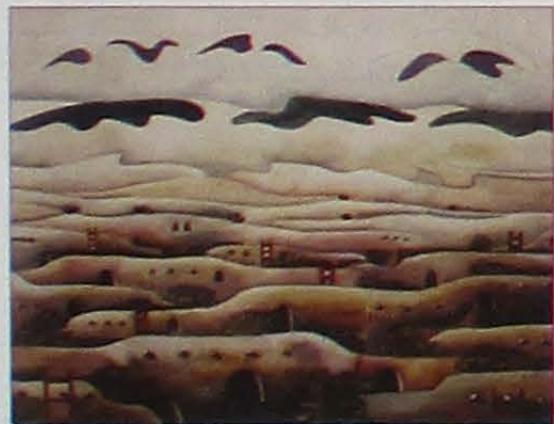
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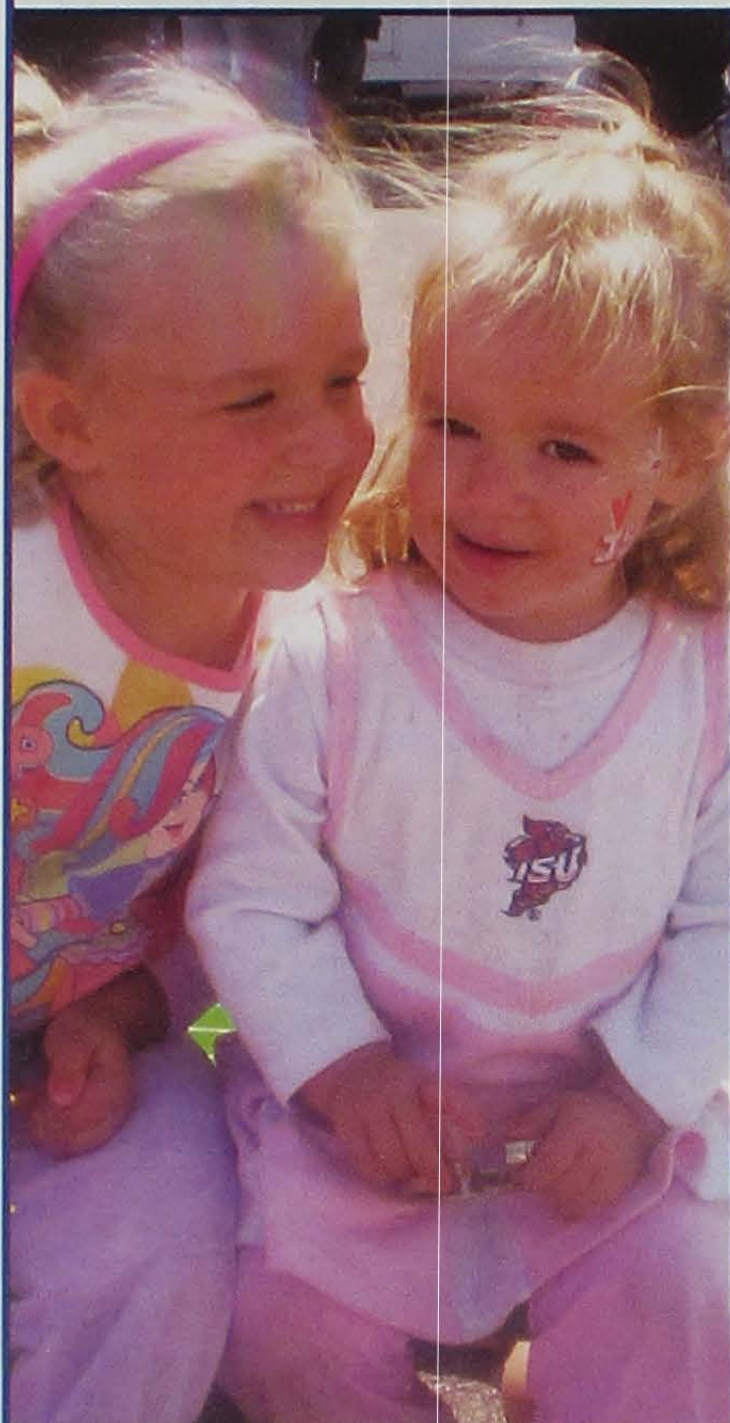
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By Amy Vinchattle/Facets

Paula Sunday guides her English Springer spaniel, Jack, while he works to find a container of scent during nose training.

Chico was also once terrified of many people, but nose work training helped him become more comfortable around new people.

Topp's doberman, Bourbon, is an evacuee after Hurricane Katrina and was twice attacked by a poodle, and therefore can be aggressive toward other dogs.

Most competitions are out of the question, but "K-9 Nose Work is a nice outlet for Bourbon because they only let one dog compete at a time," Topp said.

Sunday's English Springer spaniel, Jack, has severe separation anxiety, but his K-9 Nose Work training has bolstered his confidence.

"Now he goes off leash on his own when we're in competition," Sunday said. "He used to be so terrified by himself, but now he's like a different dog during competition."

Once dogs have mastered the K-9 Nose Work, they can then take the Odor Recog-

nition Tests, or ORTs. ORTs verify that dogs know the target scent used in competition. Once a dog passes an ORT, it can then participate in National Association of Canine Scent Work.

Chico passed ORTs for birch, clove and anise, and Bourbon passed ORTs in birch and anise.

During ORTs, the dog has three minutes to sniff out and alert its owner to the scent. Different dogs alert in different ways. Some whine, some "punch" their noses to the scent, and others simply look at their handlers.

"You really have to know your dog and be in tune with it to catch on to their alerts," Topp said. "Sometimes it might be a false alert, or other times you might not notice the alert."

Turner said the training gives the dogs the "ability to come out of their shells and live more fulfilling lives."

That is the real reward, she said. ♦



By iStockphoto/Thinkstock

Wear a big brimmed hat to protect your locks and delicate facial skin from the sun.

Summer can take a toll on hair and skin

Fight back with these tips

The expression about "dog days" refers to sultry summer days, and it dates back to Roman times when the dog star, Sirius, ruled the night sky.

You can do more of your own research on the mythology, but I will help you handle the toll the "dog days" of summer takes on your hair and skin's beauty.

Hair and skin receive exceptional damage from sun, sand, humidity and swimming. Protect your skin, especially from both UVA and UVB rays. Avoid skin cancer and aging with products and take care to cover the face, neck and décolleté.

If you can, wear a big brimmed hat to protect your locks and delicate facial skin. If hats aren't your style, there are now a variety of products to protect hair and skin from



MARY CLARE LOKKEN

the sun.

Swimming, whether in a pool or a natural body of water, is drying. Your stylist can recommend products to use prior to and/or immediately after taking a dip.

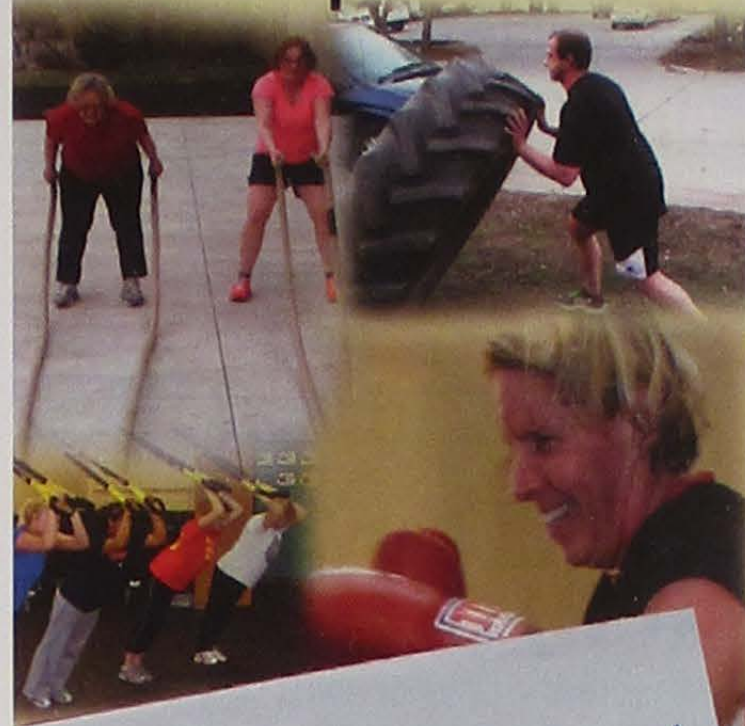
Now is the time to consider hair color highlights. Brighten your face with lighter colors woven throughout your style. Lighter colors make you look fresh, uplifted and younger. Summer is a great time to try a whole new look.

...

As a point of personal privilege, PCI Academy celebrated its 35th anniversary in June with a special day of education for students and stylists, joined by graduates, former staff and other industry professionals. ♦

Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at MaryClareLokken@aol.com.

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nourishment

Watermelon

The fruit that can help protect your skin from the sun

During the summer, you probably stock up on sunscreen, sunglasses, hats and cover-ups to protect your skin from the sun, but another way to battle the sun's harmful ultraviolet rays is found right in the produce aisle of your supermarket.

Watermelon, as well as ruby red grapefruit and tomatoes, are all rich in lycopene. This powerful antioxidant found in reddish-colored fruits acts as natural sunscreen. It replenishes and protects skin cells from the sun's burning rays, which can lead to premature aging and even skin cancer. It strengthens the elasticity of skin tissues while keeping them from losing their tension.

Lycopene also helps your skin act as a natural filter, allowing enough sunlight through for your body to produce vitamin D.

To increase lycopene absorption, serve foods with a bit of oil, such as salad dressing or olive oil.

Best picks for lycopene include cooked tomato products such as tomato soup; tomato juice; spaghetti sauce and canned tomato sauce; and fruits such as watermelon, ruby red grapefruit and guava.

As its name implies, watermelon is 92 percent water, but it is also filled with nutrients. It is an excellent source of vitamin A, which helps keep eyes healthy. Watermelon also contains four B-vitamins that help produce energy, provides more than half the daily need for vitamin C and is the leading source of lycopene, an antioxidant important for preventing heart disease and cancer.

It is easy to pick a perfect melon. Once a watermelon is harvested from the vine, it will no longer ripen or sweeten. Keep these three tips in mind to pick a sweet-tasting melon.

• **LOOK** — Choose a melon with an even shape and no bruises, cuts or dents.

• **LIFT** — Melons are mostly water, so pick a heavy one.

• **TURN IT OVER** — The underside of the watermelon should have a yellow belly from where it sat on the ground and ripened in the sun.

A whole watermelon can be stored at room temperature for up to one week. Before cutting or slicing, wash the watermelon rind with running water to help remove bacteria that may be on the surface. Watermelon that has been cut should be loosely wrapped, refrigerated and eaten within a few days.

Try some creative ways to enjoy the many benefits of watermelon this summer by making a watermelon cake, watermelon slice popsicles or even a watermelon keg. Visit www.watermelon.org for these recipes and more. ♦



**NICOLE
ARNOLD**

Nicole Arnold, RD, LD, received her bachelor of science degree in dietetics from Michigan State University. An Ames resident since 2000, Nicole has worked as a Hy-Vee dietitian since 2006.



GREEK WATERMELON SALAD

Serves 12 (serving size: about 1/2 cup salad and about 1 1/2 teaspoons cheese)

INGREDIENTS:

1/2 cup chopped red onion
3 tablespoons fresh lime juice (about 2 limes)
4 cups cubed seeded watermelon
1/4 cup pitted kalamata olives
1/4 cup finely chopped fresh parsley
1/4 cup chopped fresh mint
1/2 cup (2 ounces) feta cheese, crumbled

DIRECTIONS:

Combine onion and juice in a medium bowl and let stand 10 minutes. Add watermelon, olives, parsley and mint. Cover and chill for 1 hour. Sprinkle with cheese.

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It's a dog's world

Some dogs really do have a good life. Meet Hallie, my mom's pampered pet. Hallie has her own bed, squirrels to chase, doggie bags full of tasty treats, cats to manage, acres and acres to run, three cousins who visit often and, when necessary, her own fan. It seems to me that, for a dog, Hallie has a perfect life.

A dog has simple, basic needs that remain the same through much of life; people are more complex. Our needs change because we purposefully make changes and because of what happens to us. Some changes we can control, and some changes seem to take control of our lives.

We are all in different stages of designing our perfect life. Depending on your age and position in life, you could need to find the perfect college, the perfect first job, the perfect day care for your new infant, that perfect investment to provide for your dream of a lake cottage, or the perfect time to leave your home and move to a retirement community.

What stage are you at today? How do you feel about your life? Are you living your perfect life? If you are not living your perfect life, it may be because you haven't defined that life.

Here is a method to define and refine your perfect life:

WHAT ARE YOUR GOALS?

What do you want your money to provide for you and your family? Here are some examples to help you think about your unique goals:

- College education for children or grandchildren

- Fabulous family vacation
- Beginning retirement
- A second home
- The ability to be a stay-at-home parent



**KAREN
PETERSEN**

DETERMINE YOUR TOP THREE GOALS.

Your top three goals should reflect changes that will move you closer to your perfect life. Some may take money; some goals may take rearranging your priorities.

PUT A "DATE TO ACHIEVE" ON EACH GOAL.

This should be a date that is doable, but a bit of a challenge. Set a date; goals without dates are just dreams.

DETERMINE THE COST OF YOUR GOALS.

There may be a monetary cost, and you will need to reconsider how you spend your money. Sometimes the non-monetary costs can be equally hard to manage. Having money to pay for a goal may be as easy as not going out to eat. The non-monetary part — who is going to cook on busy nights — could seriously challenge your resolve.

We know, for the most part, a dog's life is pretty simple: They eat the same food, sleep in the same bed, chase the same cats and basically live a simple, stable life. Our lives are much more complex; we make choices and encounter life-changing events. Identify your perfect life and then make the choices that will allow you to create your perfect life ... because life is more than money. ♦

Karen L. Petersen, CFP® CDFA™, is a fee-based financial advisor. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.

Owning a pet good for health

Greeting a pet can have a profound effect on health. In the time it takes to lace

up your walking shoes, you can reduce your levels of the stress hormone cortisol and boost your mood with the hormone serotonin. Petting your dog immediately improves blood pressure, and simply owning pets has been proven to lower heart rates and blood pressure in couples in stress tests.



DEBRA ATKINSON

The habits pet owners adopt can also improve cholesterol and triglyceride levels. Depending on the pet, you may become more involved in their care, creating more opportunities for physical activity for you.

Longevity may be enhanced by having a pet as well. Owning a cat lowers your risk of stroke. Researchers hypothesize this is because cats have a more calming effect than other pets, and they often become a positive distraction or focus of attention. Watching fish has also been long associated with tranquility. Caring for a pet can give the pet owner purpose and bring about a healthier lifestyle. Possibly due to the combination of both factors, a 20-year study showed those without pets were 40 percent more likely to die of a heart attack.

Dog owners tend to be less obese and more physically active than their non-pet-owning counterparts. Just the daily walk for Fido, whether for 30 minutes straight or broken into two 15-minute strolls, will enhance your metabolic profile. You do not need to run or push yourself. Simply increasing your daily activity from a sedentary baseline can have a big effect on your health.



By iStockphoto/Thinkstock

Dog owners tend to be less obese and more physically active than their non-pet-owning counterparts.

PET OBESITY EPIDEMIC

Wondering if your pet is obese?

You should be able to feel the ribs and the dorsal vertebrae easily. If either is difficult to locate, step up daily activity and/or reduce feeding portions.

It could be good for both your pet and you.

Want to further enhance your well-being? "Doga" helps promote yoga with your dog.

Personally, I couldn't stop my dog from practicing with me. As a puppy, he would playfully push me over just as I was assuming a balance pose called the half-moon. A few years later, he is happy to stick his nose into a forward fold to say hello. Do dogs need yoga? No. Do they crave interaction with you? Yes.

Pet owners also tend to socialize more while walking with their canine friend. A dog is a conversation waiting to happen, which can contribute to greater interaction and less isolation for pet owners.

Your brilliant, scent-sitive, four-legged friend could also save you from a dangerous drop in blood sugar. A program called Dogs4Diabetics is training dogs to detect a scent the human body emits when blood sugar is low and signal the owner to eat a snack before a serious emergency occurs. ♦

Debra Atkinson, M.S., C.S.C.S., is an author, speaker and fitness professional who trains the trainers. She graduated from Iowa State University where she later taught for 13 years. Reach her at debra@voiceforfitness.com.

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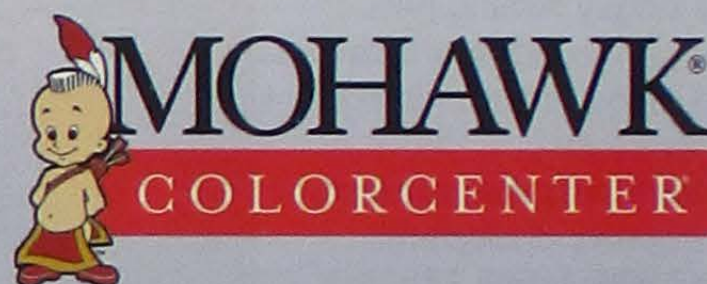


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Name: Anne Schmitt

Age: 68

Position: Funeral director

Family: Two sons, a daughter-in-law, and a grandson and granddaughter

What would you do with \$1,000 to spend on yourself?

I would take trips to visit my son in Arizona.

Your favorite meal:

Medium-rare steak, baked potato and green beans

Craziest fashion you ever wore:

Wide bell-bottom, hip-hugger pants

I never leave home without:

My reading glasses

My favorite motto:

"Let go, let God."

What makes you happy?

I am happy when I am with my biological or church families.

What makes you feel confident?

I feel confident when I receive positive feedback from my family and trusted friends.

What makes you laugh?

I laugh when one of my cats throws himself on his back and meows to have his belly rubbed and scratched.

What have you accomplished that has made you feel proud?

I am proud to have raised two confident, well-adjusted and happy sons.

How do you take care of yourself financially?

I take care of myself financially by adopting Dave Ramsey's philosophy: "Debt is dumb, cash is king, and the paid-off home mortgage has taken the place of the BMW."

If you knew then what you know now, what would you have done differently?

I would have lived every moment, laughed every day and loved beyond words.



ANN SCHMITT

"I take care of myself financially by adopting Dave Ramsey's philosophy: 'Debt is dumb, cash is king, and the paid-off home mortgage has taken the place of the BMW.'"

My idea of a nightmare job:

Part of any job can seem like a nightmare at times, but not the whole job.

My simplest pleasure:

A walk in the woods observing God's creation in nature.

I am thankful for:

Good health, a loving family and financial peace.

What financial advice would you give other women?

Reading Dave Ramsey's nine-week program, Financial Peace University, using the book "The Total Money Makeover," and then changing their behavior.

How do you give back to your community?

Through Ames Noon Kiwanis and as a Stephen Minister and leader at St. Cecilia Catholic Church. ♦

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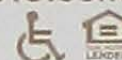


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